

# creative

A person with a floral crown of pink roses and green leaves. They are wearing a bright pink, fuzzy hood or scarf. Their eyes are closed, and a single tear is visible on their right cheek. The background is a solid dark blue.

LCCA Student Magazine # 8

LCCA

London College of  
Contemporary Arts

M E S M E R I Z I N G  
P H O T O G R A P H Y

INSIDE THE SKATE CHURCH

ALL CHOKED UP!

MARIA GRACHVOGEL REVEALS ALL

FREE



CREATIVE WRITERS

DESIGNERS

PHOTOGRAPHERS

ILLUSTRATORS

# CREATIVE MAGAZINE

JOIN THE CREATIVE MAGAZINE TEAM



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OCT-2016

FEATURES

Foundation Arts exhibition 4  
 CMP Graduate Show 8  
 A brief history of Halloween 10

LIFESTYLE

Owanate's Freshers Week Survival Kit 24  
 Body beautiful 25  
 Fitness: squats 34

CAREERS

Maria Grachvogel reveals all 6  
 How to answer interview questions 30

FASHION

Samxani  
 Graduate Fashion Week

ENTERTAINMENT

Three must-have mobile apps  
 Movie preview

## A WORD FROM THE EDITOR



It is with great pride that we present the final issue of 2016, and what a year it has been as the UK prepares to enter uncharted grounds after voters chose to leave the European Union back in June.

There are new beginnings for you too, as you embark upon a new journey (or term) here at LCCA! A warm welcome to all freshers and to those who are returning to classes - I hope you all had a great summer.

"You're talented, but you need to brush up on your business skills." This was the advice fashion designer, Maria Grachvogel, received when she was 14 years old. Today, Angelina Jolie and Victoria Beckham are counted among her clients. Maria's inspiring interview is one of Issue 8's special features, so keep reading to find out more.

With excellent work and incredible employer reviews, our alumni continue to make us proud. Our budding film makers turned their visions into reality, screening their final projects at the Rich Mix cinema for the Creative Media Production Graduate Show. Also, one of our talented fashion students has designed and modelled his own collection.

The list of exciting content that awaits you in the following pages is endless. From foundation to masters, students from every level have contributed towards this issue. You truly make us proud!



# FOUNDATION

# ARTS

# EXHIBITION

Late last term, a private viewing of LCCA's Foundation Art and Design Exhibition took place at The Gallery, with students welcoming guests to see their fantastic work.

Here's what some of LCCA's finest budding artists had to say about their artistic creations.



**Giorgia Feroldi**

The main themes behind Giorgia's work were conceptualism and minimalism.

"All of my work in the exhibition clearly depicts these main themes, with inspirations such as Burri with his Arte Povera, Kline with his Abstract Expressionism, Pollock with his dripping technique and Kandinsky with his colourful ideas and his musical connection."



**Faryal Munir**

Faryal's fashion illustration inspired pieces invited the viewer to enjoy a theme which is based on experimentation with materials and different cultures.

"I really enjoyed creating these illustrations and I am happy with how they turned out. Emotionally, they depict how each person and place is different and it is something I wanted to portray in my work."

**Gabriela Feldman De La Rocha**

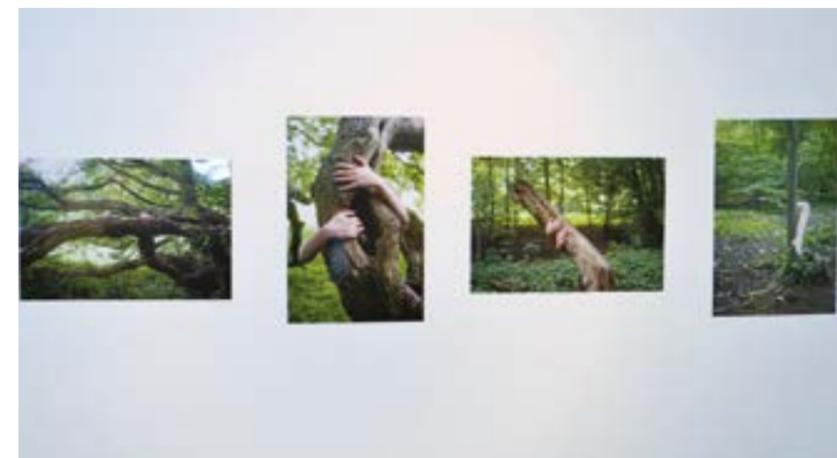
Gabriela wanted her poster campaign to show the world that, through design, we have the power to make change. "What I want people to think when seeing my poster is to recognise the fact that 7500 people living on London's streets a year is not only their problem, but ours too. A problem that we'd rather not see, hear or talk about."



**Mark Abdel-Shaheed**

Mark welcomed viewers to his art with guiding questions: "What do you see? Or rather, what do you not see? Can you watch without labelling? Can you watch without connecting?"

He invited viewers to experience the beauty of colours and shapes without ruining it with one's expectations, labels, prejudices, experiences and memories. His closing lines were: "Please watch without thinking. Thank you. This is the birth of a building."



**Samira Eugster**

Samira was the only student who used the medium of photography to communicate her concept. Her photographs show a creation of a new body, combining body parts and nature.

"My photography series was inspired by the early surrealism photography in the twenties and thirties, and the work with the human body. The shape, forms and body parts are more important than the whole person. In the final photographs, the nature and the body parts merge to [create] a new creature, which is mysterious and strange. It questions whether it is, nature or human."

# Maria Grachvogel

## Inspirational talk at The Gallery

By Claire Payne (staff writer)

LCCA was delighted to welcome fashion designer and business woman Maria Grachvogel to The Gallery.

Maria delivered an inspiring guest lecture on the business of fashion, drawing on more than 20 years of industry experience. She then opened the floor to the audience of fashion design students, answering questions on her inspiration, her team, and her brand's famous 'magic pants'.

Maria famously began designing from an incredibly young age. She shared with students a little bit about how her journey towards becoming a fashion designer began.

"I've wanted to be a designer since I was eight years old and aged 12 I started cutting, making, sewing and selling things to friends for extra pocket money. At 14 I put together a really small collection for London Fashion Week. I had no idea what I was doing - the lady that interviewed me said I'm talented but I need to brush up on my business skills and that was my first wakeup call and best advice I was given."



Maria took that advice, working hard to create her brand which was founded in 1991 when Maria was just 21 years old. Three years later, Maria launched her first full collection. It's clear that the soul of the brand is something which Maria holds close to her heart.

"The soul, the essence of your brand - who are you? What do you stand for? - I think it's usually quite obvious to the designer but perhaps not something you think about articulating. Articulation is important."

"You need to understand your unique point of view on the world. For me, that was always the idea of effortlessness in power; making her feel beautiful. There will be times where you doubt it, where the trends are against you: the early 90s were about grunge, glamour was not cool, but I stuck with what I wanted to do and I slowly built this over the years."

Maria sees herself as an architect for the female form. One of her most celebrated garments to date is a black, diamond-encrusted dress which was hand-embroidered with two thousand diamonds. The garment was modelled at London Fashion Week by Jodie Kidd in 2000 before being auctioned in aid of the Nelson Mandela Children's Fund.

Many other famous faces have donned Maria's designs over the years, including Victoria Beckham, Emma Thompson and Kelly Rowland.

Speaking of brand ambassadors, Maria said: "It's really good to have supporters that believe in your work. When you're choosing celebrities to dress, you have to relate it back to the soul of the business and think about whether the woman fits the brand."

"If you're going to do celebrity PR, you have to think 'is this the right profile for me?'. All the women we dress are strong, confident, with their own sense of style."

Of course, product promotion goes beyond celebrity endorsement; Maria stressed the importance of self-promotion and attending exhibitions and trade shows.

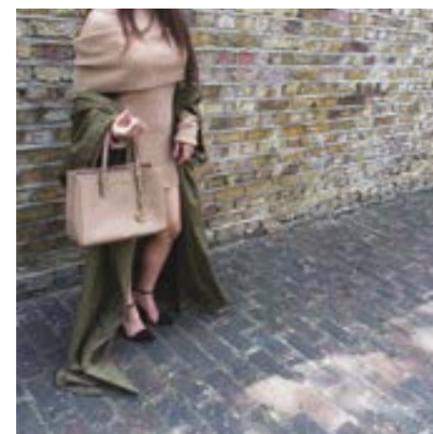
"Exhibitions are a great way of broadly putting yourself out there. You need to research which fits your product and where your buyers are likely to go. It's also important to reach out directly to your target market and I'd strongly advise doing that out of season. Buyers get so many emails just before the season so build relationships between the seasons."

Maria offered these final words of advice to anyone hoping to break into the fashion industry: "Know the business as well as you know the creative and, if you can, find a magical partnership very early on. Fashion and business go together to create something special."

Anjuman Zunu always had a creative streak when it came to fashion. People were impressed by her self-created pieces of clothing and started approaching her. This led to the idea of creating her own fashion line. Together with her friend Samia Ali she created Samxanj.

"We both have a huge interest in fashion so we decided to put our ideas together and start a clothing brand. Samxanj is a modest clothing brand which allows young Muslim men and women to dress modestly and be fashionable at the same time. We like to follow the latest trends and interpret it in our own style and make it modest," Anjuman says.

When asked why her clothing line is modest, Anjuman said: "The reason our clothing is modest is because it is a massive part of our religion. Islam states that women should dress modestly, which means covered from head-to-toe, wearing the hijab and long loose outfits. We are both young Muslim fashion designers who live in Western society. We find it extremely hard to follow fashion trends and cover up. So we decided to create our own clothing brand which will allow us and many other young Muslims to express their love for fashion and still practice their religion."



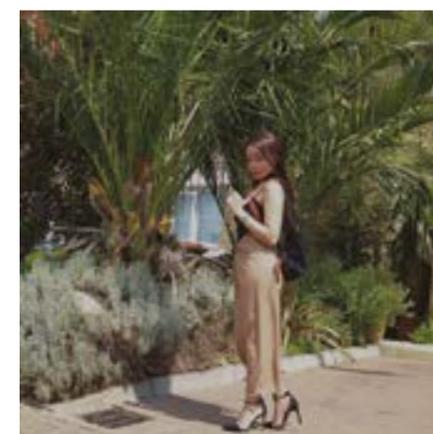
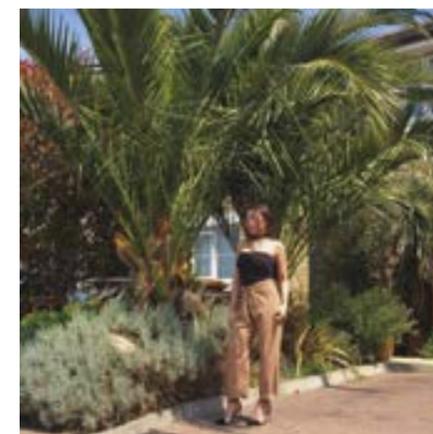
# SAM XANJ

By Anjuman Zunu, Foundation Arts & Design

Website: [samxanj.wixsite.com/modestyovdunya](http://samxanj.wixsite.com/modestyovdunya)

Email: [samxanj@outlook.com](mailto:samxanj@outlook.com)

Instagram: [samxanj](https://www.instagram.com/samxanj)



Samia and Anjuman are running the brand by putting in the money, giving all the ideas, styling and making the items.

"Everyone who is involved in the brand are close friends of ours," Anjuman says. "We have Aryan Rox who is our main female model, Ryan B who is our main male model, Juned Miah who's our photographer and lastly we have Ayesha Rahman who takes care of our emails and social platforms."

Samxanj is not only targeted at Muslim men and women, it is for everyone regardless of their religion.

"We want our brand to be noticed by everyone as we plan to become a worldwide brand. For this reason we have non-hijabi as well as hijabi models to show both audiences how to style our items."

Anjuman is currently studying Foundation in Art and Design at LCCA and aspires to be the creative director of a luxury brand one day.

# CMP GRADUATE SHOW

LCCA creative media production students welcomed guests to their Final Films Screening at the Rich Mix Cultural Foundation in Shoreditch.

Visitors enjoyed a variety of contemporary work ranging from documentaries to dramas, covering subjects as diverse and pertinent as prostate cancer, teenage pregnancy, child sacrifice, love, obsession and urban life.

The students were delighted to see their films shown on the cinema screens in the company of their family, friends, tutors and special guests. At the end of the screening, lecturers Rod Morris, Bevan Walsh and Jorg Wagner congratulated students on their fantastic work.

Programme leader, Karen Fraser, proudly announced that CMP student, Azad Khan, is set to direct a Bollywood feature film with a budget of £250,000, and

Lukasz Sosnowski is about to embark on an internship at Channel 4. Karen was thanked and praised by students and lecturers for her endless dedication and everything she has contributed towards the CMP department.

Executive Dean and Managing Director, Sagi Hartov, and LCCA partnership manager from South Thames College, Craig Catlow, were amongst the honoured guests.



**OLUSHINA SANYAOULU**

I'm Not A Baby (Drama)

**ANDREW WISHART**

Urban Life Songs (Music Video)

**NIGEL POWELL**

South Side's Most Wanted (Drama)

**KESHAWN DIXON**

Divided (Drama)

**MICHELLE ADEOGUN**

The Other Side (Drama)

**WILLIAM TAYLOR**

Urban Music (Documentary)

**CECILE POINT**

Idol (Drama)

**UANU SESHMI**

Prostate Cancer -  
The Invisible Killer (Documentary)

**YULIYA FYTSAYLO**

You are the only guy I want to kiss (Drama)

**CAMELIA GALEA**

Enigma (Drama)

**KOFI ALLEN**

Putting up the Mirror (Documentary)

**CHICO DALL'INNA &  
JORG WAGNER**

A remarkable life (Documentary)

# LCCA STUDENT BLOG

By Sofia Ferrer Bragado (MA Fashion Retail and Luxury Management)

As you may have seen on our social networks, I've been living in London for some months and, as some of you have asked me what I'm doing here, I'm going to talk a bit about it.

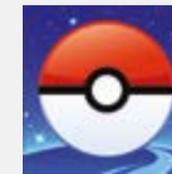
Last year, I finished my BA in English Studies (language and literature), so I've always loved English things, that's why I always wanted to come. Also, I wanted to dedicate my life to fashion and keep studying, then I decided that the best option was to do an MA in fashion in my favourite city!

I searched among the options

and the most suitable MA for me was London College of Contemporary Arts' MA Fashion Retail and Luxury Management. It's about fashion as a business from different perspectives. It takes a practical approach with marketing, branding, visual merchandising, and sustainability, not to mention my favourite, the theoretical approach: history of fashion.

At the College, there are more MA and BA courses such as design and photography. Also, industry experts come to give us talks and - best of all - the campus is in the heart of London!

Sofia's blog: AS Style & Design [www.asstyleanddesign.com](http://www.asstyleanddesign.com)



**Pokémon Go**

A series of Pokémon have been revealed on our planet and it is your time to discover and capture them. You'll join one of three squads and fight for the possession of Gyms with your Pokémon at your side. Explore your local area and catch all the Pokémon that appear around you. As you level up, you'll be able to catch more powerful Pokémon to try and complete your Pokédex. You can also hatch eggs as you accumulate mileage and evolve your Pokémon after catching many of the same kind.



**Duolingo**

Learn a variety of different languages, from English or Italian to Spanish or French. This app is fun, fast and free to use, helping you practise your speaking, listening, reading and writing skills. You can play games and answer questions in order to build on your vocabulary and develop your use of grammar.



**Elevate**

This brain training game will provide you with your own personal training programme, helping you to improve in the areas you choose. The game covers areas such as memory, maths and attention span.

# MUST HAVE APPS

By Interactive Media students

# A BRIEF HISTORY OF HALLOWEEN

By Claire Payne (staff writer)

Halloween is a curious day of celebration where people from around the world dress in costume, carve pumpkins into lanterns and visit their neighbours in hope of receiving sweets. But where exactly did this unusual tradition come from?

The roots of Halloween trace back to ancient Ireland and Scotland, and the Celtic festival Samhain, which marked the Feast of the Dead. The Celts would celebrate the end of summer, with animal herders moving their cattle into barns to prepare for winter.

It's thought that the change in seasons brought about much superstition and people felt the worlds of the living and the dead became one on October 31, just before the new year (November 1) arrived. Many believed that spirits of the dead would search for

bodies to inhabit on this night. The living would dress in costumes and take to the streets making as much noise as possible in order to ward the evil spirits away.

IT WASN'T UNTIL THE 5TH CENTURY THAT NOVEMBER 1 BECAME KNOWN AS ALL HALLOWS' DAY.

The word 'Halloween' is actually a contraction of 'All Hallows' Evening', referring to the night before All Hallows' Day. October 31 through to November 2 are known collectively as Allhallowtide—a three-day Christian observance dedicated to remembering those who have departed.

November 1 would see all saints of the Catholic Church honoured. In

the years that followed, it became a custom to pay visit to others on November 2 and request small cakes in return for a prayer for the family's dead relatives. This notion stemmed from the idea that the deceased were 'in limbo' for a while, before reaching heaven or hell. The prayers were believed to affect where the dead ended up. This religious custom likely led to what is now known as Trick or Treat.

It was perhaps the United States who made Halloween the commercial success it is today, starting in the 20th century with the rise of Halloween postcards. Nowadays, adults and children around the globe decorate, throw parties and watch horror movies in celebration of the day.

## Bethnal Green Tube

During World War II, Londoners would shelter in nearby Tube stations when the air raid sirens sounded. On March 3rd 1943, 173 people were killed in a crush as people panicked over the sound of explosions above. There are many reports of people hearing the screams and cries of the women and children who died that night.

## Clink Prison

Southwark's Clink Prison—now a museum—dates back to 1144 and was once home to hundreds of poorly treated prisoners, some of whom are reported to haunt the building with their screams and footsteps. For those brave enough, the museum offers overnight stays where you can experience a real life ghost hunt for yourself.

## 50 Berkeley Square

The attic of this four-storey townhouse, located in Mayfair, is believed to be haunted by a young woman who committed suicide there. During Victorian times, at least two deaths were linked to the property, both of which reportedly occurred after the deceased spent the night in the attic room.

## Tower of London

Said to be one of the most haunted buildings in the country, the Tower of London has been standing for over 900 years. Among the ghosts rumoured to frequent the hallways is King Henry VIII's former wife, Anne Boleyn, who was beheaded at the Tower Green execution site in 1536.

## The Ten Bells pub

You probably know the infamous story of Jack the Ripper, but you might not know that he approached two of his victims after they left the Ten Bells back in 1888. One of the victims, Annie Chapman, is rumoured to haunt the pub, with reports of her poltergeist moving objects around. Several staff members also claimed to wake in the night to find a ghost in bed beside them.

when guest lectures lead to internships

BOTOND BARTHA  
LCCA alumni

By Jackson Netto, Editor

# BOTOND



Walking away from a guest speaker event having secured an internship sounds too good to be true, but that's exactly what happened to photography student, Botond Bartha, when he attended Jan Masny's talk on fashion photography at LCCA.

"I was already trying to open to this field and get more experience," Botond explained. "The talk was held shortly after 'The Indiscipline of Fashion' where I was lucky enough to exhibit three of my fashion images."

Jan Masny was impressed by Botond's work. "After the guest speaker event, we had a nice chat and I asked him if there was any opportunity to assist him. I emailed him my details and we started with smaller projects where I could help him."

As Botond discovered, the learning process never comes without its challenges. "I found it really challenging

to start thinking as Jan during the shoots and to be prepared for the changes he might require, at the same time as making sure I wasn't in his way."

"It is really important to familiarise your vision with the photographers' who you will work with. This way you can see what he is trying to achieve and how you can help him make it happen."

Botond took time to explain what a photographer assistant's day typically entails.

"Usually, on the days of the shoot, we would start in the morning. The model arrives between nine and ten, so the assistant needs to be there at least half an hour earlier. I set up the studio and build a little changing room for the model from the polyboards and place a chair inside. [At this point] I already know what kind of lighting we will use. We talk through what kind of mood we are aiming for and I start setting up the lighting."

"After we've set everything up, it is my time to practise posing and be the light dummy on the test shoots. Models usually relieve me of this in a couple of minutes," Botond laughed.

"During the shoot, I am always around. If one of the lights needs to be changed or we are setting up another scene, I am there to do it."

"On lunch break, we chat with the team which is always a great pleasure and I can build contacts, which is amazing. After an hour break, we look through the images we already have, flagging what is missing and checking if there are any which we could improve."

Botond has two tips for budding young photography graduates: "I think what is most important, something that you always hear from the teachers but not many of us take on board easily, is to not be afraid to show your work. A little extra confidence won't do any harm; on the contrary, it would help to move forward."

"Secondly, I think it is really important to push yourself and challenge your skills with extreme tasks. If you are staying within your comfort zone, it is less likely you will learn something which will build your vision or improve photography skills. Go and try something wild and do not be afraid to experiment! It is not easy to

come up with a whole idea and it often changes during the journey, but you will enjoy creating something new."

When asked about how LCCA has prepared him for working in the photography industry, Botond said: "I feel I had a lot of opportunities to build my connections and show my work through LCCA. I think this is one of the best paths to find your way into the photography industry. I feel by supporting exhibitions and photographer talks, LCCA does a great job and I hope this will continue and that students will make the most of this great opportunity."

[www.botondbartha.uk](http://www.botondbartha.uk)



ALL CHOKED UP!



Photographer: @ the Rankin Studios by Jack Buster

Model: Sibü Dladla

Stylist: Jaded lifestyles and Peter Huffam

Jewellery: Jaded life

Double-breasted white jacket with golden buttons (Sibü. London)

Keeping cool, calm and collected in these strange days of global warming, these are some key trends from around London. The looks compiled in our shoot give you the fundamentals on how to not get choked up with the trends this autumn.

ALL CHOKED UP!



Photographer: @ the Rankin Studios by Jack Buster

Model: Sibü Dladla

Stylist: Jaded lifestyles and Peter Huffam

Jewellery: Jaded life

Three piece suit in sea blue (Sibü.London)

Sibü Dladla (HND Fashion)



# INDREK GALETIN

BEYOND FASHION, GENDER AND SEXUALITY  
LCCA ALUMNI

For me the most beautiful people in this world are the ones that have that unique courage to be themselves. And this is one of many reasons why I captured these series of images.

I wanted to express my own sense of beauty and gender standards by exploring the idea of being so overwhelmed by fashion, that it becomes a performative act.

Photographer: Indrek Galetin / [www.indrekgaletin.co.uk](http://www.indrekgaletin.co.uk)

Model: Imma / W Model Management

Clothing: Fyodor Golan

Makeup: Imma

SNAPSHOT

# THE SKATE CHURCH

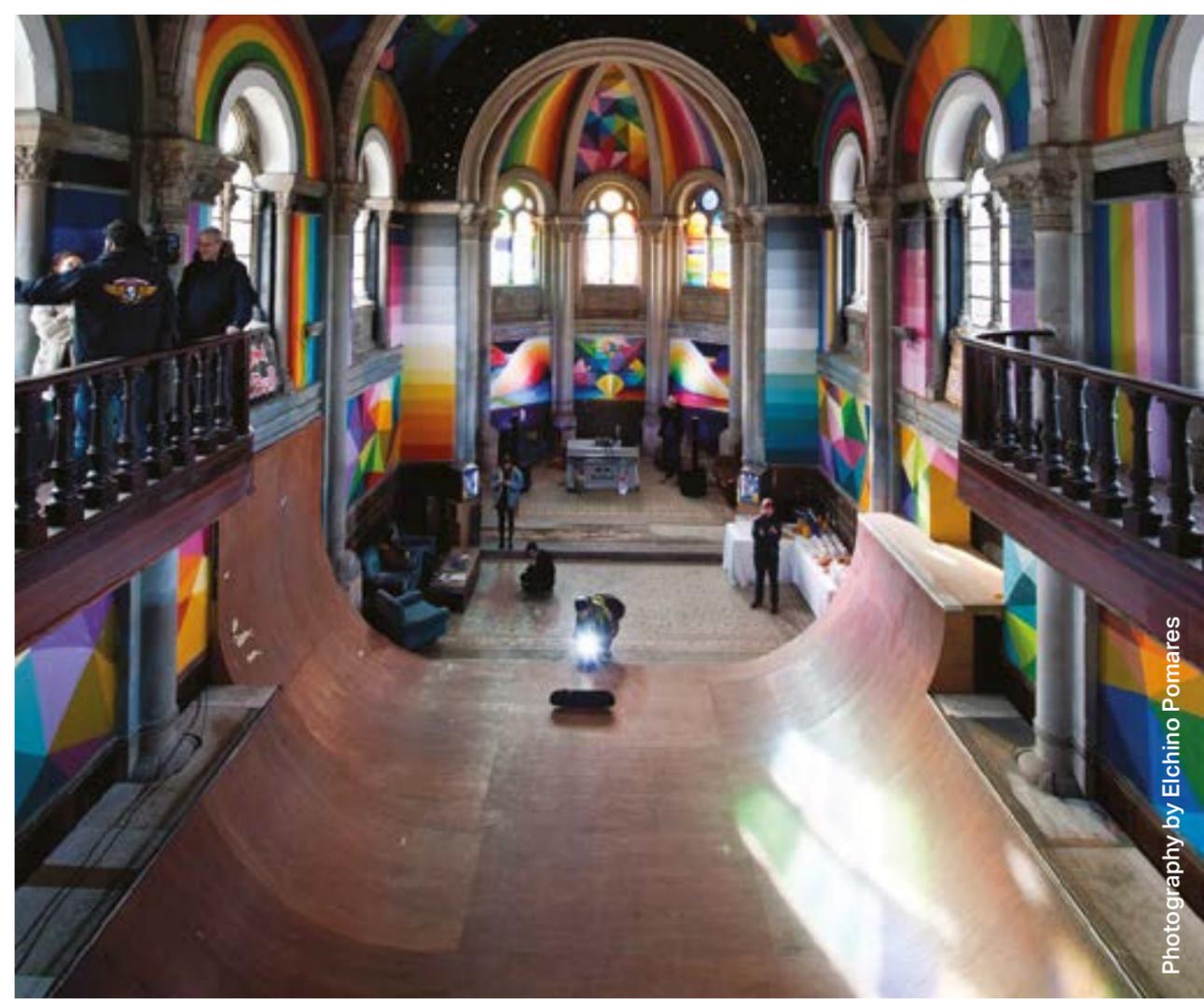


A unique skatepark in the world

The skate church is the place where the passion for skateboarding and DIY have reached the sky. Domes, windows and ramps coexist in a single stage to practice what for many is more than a religion: skateboarding.

A temple of urban art

The most important work to date from Okuda San Miguel is Kaos Temple, a project that represents a transformation and turning point in the history of art, aiming to open new horizons and reinterpret architectural spaces.



Photography by Elchino Pomares



Photography by Elchino Pomares



Photography by Elchino Pomares



Photography by Elchino Pomares



Photography by Elchino Pomares



Photography by Elchino Pomares



Photography by Elchino Pomares

The Skate Church is an ancient temple located in Llanera (Asturias) acquired in 2007 by the company, Initiatives Habitat, donors and precursors of the initiative to restore and reuse of space, and transformed by the Church Brigade into a place of pilgrimage for lovers the skate culture.

Located in part of the complex that once housed explosive factory workers, the facilities were abandoned after the end of the Civil War. A few years ago, the church was acquired by Casimiro Fernández - devoted to the international distribution of contemporary furniture - who decided to host art and cultural exhibitions, converting the building.

Without institutional support of any

kind, Initiatives Habitat and Church Brigade gradually built their dream. They gave identity to this place and turned it into a temple to house passion for skateboarding and art, encouraging young peoples' interest in the church.

## THE ARTIST BEGAN PAINTING THE INTERIOR OF THE CHURCH ON 23 NOVEMBER 2014.

With the support of his creative team, Ink and Movement, and a crowdfunding campaign, funds

were raised to help Okuda create his vision.

The Skate Church was reopened to the public on December 10 2014 in the presence of professional skateboarder Danny Leon.

Skate Church plans to start hosting cultural and sports activities of all kinds and their managers are open to proposals to join the philosophy of cultural transformation that has guided the project from its inception.

If you want to share any initiative in the skate church you can launch your proposal:

[info@laiglesiaskate.com](mailto:info@laiglesiaskate.com).



# THE GRADUATE FASHION WEEK EXPERIENCE

By Mariana Custodio (BA Fashion Design)

"The Graduate Fashion Week was founded in 1991 by Jeff Banks CBE, Vanessa Denza MBE and John Walford to unify both UK and international universities and create a stronghold for the creative industries.

Showcasing the work of over 1,000 of the very best students and graduates from the most influential and inspiring universities around the world, Graduate Fashion Week represents the future of creative design talent. Attracting 30,000 guests each June, the annual event features 22 catwalk shows, exhibitions from over 40 universities and an acclaimed Gala Award Show alongside a packed live talks and workshops schedule featuring leading names from the fashion industry.

An unrivalled platform for the promotion of new talent, Graduate Fashion Week bridges the gap between graduation and employment and is responsible for launching the careers of some of the most successful designers of our time including Christopher Bailey, who was the winner of the first ever Graduate Fashion Week Gold Award, Stella McCartney, Giles Deacon, Matthew Williamson and Julien Macdonald."



FASHION

Marronnier



antonio pecov - instituto marangoni italy

As a fashion design student, I have my personal preferences when it comes to style. But working as media at the event opened my mind in such a way that I now look at and accept new fashion ideas.

To me, the best part of a catwalk is to watch the show and then research the designs. It is impossible for an artist not to show his/her past, personality, mood,

and origins in their collections.

My favourite show of the week was the Oracle Competition. The rebel English aptitude, the French class, the conceptual design from Japan, the exuberant Chinese design, and the meticulous details from Italy culminate to me in the best catwalk of the GFW.

At the end of the show I had the opportunity to interview my favorite designer from the show, Antonio Pecov from Instituto Marangoni in Italy. He told me that his collection 'The Theory of Pleasure' was inspired by a poem by Giacomo Leopardi. He showed how nature, fashion and literature can connect to create an amazing symphony.

To me, GFW is more than an exposition that can push designers and help them with the voice that they have in the world; it is an amazing event that helps everybody to learn and it creates invaluable connections with people.



politecnico de milano

This year, the Graduate Fashion Week took place from 5 - 8 June, at the Old Truman Space in Brick Lane. The catwalks were presented between 10am to 8pm, with the expectations from the public rising with every show.

The vibe of acceptance and the multicultural crowd had a positive impact on me, helping me grow personally and professionally. I can say with great confidence that the GFW was one of the best weeks of my life.

#KaosTemple @OKUDART #OkudaSanMiguel #okudart @inkandmovement #inkandmovement @la\_iglesiaskate #laiglesiaskate

Photography by Elchino Pomares

Photography by Elchino Pomares

# Owanate's FRESHERS WEEK SURVIVAL KIT

Owanate Briggs (staff writer)



**1** Want cheekbones like the queen of selfies, Kim Kardashian West? Get the look for less than half the cost with **SLEEK FACE CONTOUR KIT MEDIUM**, £6.99\*. Fair and Dark shades also available.

**2** For poreless looking skin on those epic nights out, try the bestselling **MAYBELLINE DREAM MATTE MOUSSE**, £7.69\*

**3** For a concealer that is easy to blend and provides that perfect coverage, join the makeup revolution with **MAKEUP REVOLUTION'S ULTRA COVER AND CONCEAL**, £6.00\*. Fair and Medium shades also available.

**4** I love **RIMMEL'S LASTING FINISH MONO BLUSH IN PINK ROSE**, £3.99\*. Rated 5 stars by Superdrug customers, this is not only affordable, but also a great product.

**5** Prolong your summer glow with **COLLECTION GORGEOUS GLOW BRONZING BLOCK**, it is great for highlighting and will keep you looking sun kissed throughout the autumn. At only £4.19\*, what's not to love?

**6** Dare to be different with **SLEEK'S LIPSTICK TRUE COLOUR IN MYSTIC**, £4.99\*. Pair this look with minimal makeup and black mascara for maximum impact.

**7** Take your lashes to the max with **GOSH XTREME MASCARA** in Black 001. At £8.49\* it is an investment, but it's freshers' week; take the plunge and stand out from the crowd!

**1** **GREEN TEA** is definitely high on the list of skin-friendly beverages thanks to its impressive storehouse of polyphenols. If applied directly to the skin it can help to even out your complexion, whereas if you drink it, it helps to flush out toxins from the skin and reduce inflammation. Win-win!

**2** **WALNUTS** If you want to add some good Omega-3 fatty acids to your diet but you're not too keen on fish, walnuts are a rich source of Omega-3s. These help put shine in your hair and aid in making skin smoother and younger looking.

**3** The understated gem, **POMEGRANATE!** When applied directly to your skin, this antioxidant-rich fruit may help skin create more collagen, while speeding up healing.

**4** Protein isn't just for gym buffs: **EGGS** are jam packed with protein. Protein helps repair cells that have suffered free radical damage. Eggs, a complete source of protein, also contain biotin, an essential vitamin that protects against dry skin.

**5** Build better skin with **BEANS**. Another protein source, legumes help repair cells that have suffered free radical damage. During digestion, protein breaks down into amino acids, the building blocks of cells. Amino acids help to speed the repair and regeneration of skin cells and collagen.

**6** Slow down aging with **SALMON**. The fish contains a powerful carotenoid called astaxanthin, which means that if you eat salmon regularly, it improves skin elasticity, leaving you with fewer fine lines.

**7** A German study found that the antioxidant present in **TOMATOES**, called lycopene, helped participants prevent sunburn when they combined it with olive oil, daily, for ten weeks. Tomatoes are considered a high-carotenoid fruit; this means that when mashed up and applied to the skin, they could help slow down cellular damage from free radicals.

**8** **AVOCADOS** are amazing and they're not just for eating! They are a great source of biotin, which means they help to prevent dry skin, and brittle hair and nails. When you apply them directly they can hydrate your parched skin because the oil acts as a moisturiser, and on top of that, it contains beneficial vitamin E.



# BODY

By Jennifer Keelson (guest writer)

We're constantly being told what lotions and potions we should be using in order to make ourselves more beautiful, but sometimes it really is just about taking things back to basics and understanding that you really are what you eat.

Below are my top eight essential foods to create a better you, inside and out.

# BEAUTIFUL



# WHAT'S ON IN LND

By Alice Fisher (staff writer)

## STATES OF MIND:

TRACING THE EDGES OF CONSCIOUSNESS

Until 16 October 2016  
183 Euston Rd  
London NW1 2BE

[www.wellcomecollection.org](http://www.wellcomecollection.org)

Explore phenomena such as somnambulism, synaesthesia, and disorders of memory. This exhibition will examine ideas around the nature of consciousness, and what can happen when our typical conscious experience is interrupted, damaged or undermined.



## WINTER REVOLUTION?

RECORDS AN REBELS 1966-70

Dates to confirm  
Hyde Park London W2 2UH  
[www.hydeparkwinterwonderland.com](http://www.hydeparkwinterwonderland.com)



Get into the festive spirit by visiting Winter Wonderland as it returns to London's Hyde Park. This free-to-enter event includes a host of Christmas-themed fun and activities, including big-top shows, an observation wheel and a huge Christmas market.

26

## YOU SAY YOU WANT REVOLUTION?

RECORDS AN REBELS 1966-70

10th September- 26th February 2017  
Victoria and Albert Museum  
Cromwell Rd, London SW& 2RL  
[www.vam.ac.uk](http://www.vam.ac.uk)



You Say You Want a Revolution? Examines the moments when youth culture drove an optimistic idealism forward, motivating people to come together and question established power structures across every area of society. This major exhibition will explore the era-defining significance and impact of the late 1960s, expressed through some of the greatest music and performances of the 20th century, alongside fashion, film, design and political activism. The exhibition considers how the finished and unfinished revolutions of their time changed the way we live today and think about the future.

## EDMUND CLARK

WAR OF TERROR AT IWN LONDON

28 July 2016 - 28 August 2017  
IWM London Lambeth Road London SE1 6HZ  
[www.iwm.org.uk](http://www.iwm.org.uk)

Artist-photographer Edmund Clark reveals hidden stories of controversial methods that have been taken to protect civilians against terrorism. The exhibition presents photography, videos, graphic visualisations and documents, focusing on the experiences of UK citizens and residents. This exhibition will highlight questions about human rights, security, secrecy and legality when individuals are suspected but not convicted of terrorist activities.



## CAPTURING THE CITY

PHOTOGRAPHY AT THE BANK OF ENGLAND

Until 31st December 2016  
Bank of England Museum Bartholomew Lane  
London EC2R 8AH  
[www.bankofengland.co.uk](http://www.bankofengland.co.uk)

Images from the Bank of England's own photography collection, which spans the entire history of the building, go on display alongside artworks and artefacts in this free exhibition. Explore the history of the bank – from the building, to its staff and social activity since the Victorian era – through these rarely seen photographs and objects, whilst tracing the history of photography itself.



## VEGFEST UK

22nd - 23rd October 2016  
Olympia Centre  
Hammersmith Road London W14 8UX  
[www.olympia.london/](http://www.olympia.london/)

The ultimate vegan experience with over 200 stalls filled with food, cosmetics and fashion items; offering exclusive samples and discounts. Watch live demos and indulge in tastings, as well as listening to leading vegan lifestyle experts.



## PICASSO PORTRAITS

6th October - 7th February 2017  
National Portrait Gallery  
St Martin's Place London WC2H 0HE  
[www.npg.org.uk/](http://www.npg.org.uk/)



This major exhibition of over 80 works focuses on the artist's portrayal of family, friends and lovers. It will reveal his creative processes as he moved freely between drawing from life, humorous caricature and expressive painting from memory. On display will be portraits from all periods of Picasso's career throughout all media, from the realist paintings of his boyhood to his later ultra-spontaneous canvases.

## INTRIGUE:

JAMES ENSOR BY LUC TUYMANS

29th October - 29th January 2017  
Royal Academy of Arts  
Burlington House Piccadilly London W1J 0BD  
[www.royalacademy.org.uk/](http://www.royalacademy.org.uk/)



Curated by Luc Tuymans, this exhibition will present a truly original body of work, seen through the eyes of one of today's leading painters; James Ensor. The display shows Ensor as an innovator and an outsider who rebelled against the conservative art teachings of the late 19th century academy in Brussels. Influential in the development of expressionism, Ensor is now best known for his scenes of strange skeletal figures and macabre paintings of crowds and carnivals, using vibrant colours and flamboyant costumes to display an ever-present sense of drama and satire.

27

## FANTASTIC BEASTS AND WHERE TO FIND THEM

Set in 1920s New York, Fantastic Beasts is the first of three films set to tell the tale of JK Rowling's fictional character, Newt Scamander (Eddie Redmayne: *The Theory of Everything*, *The Danish Girl*). Plans for Rowling to make her screenwriting debut were first announced back in September 2013, and now the wait is almost over for the army of patient Potter fans.

Fantastic Beasts is neither a

prequel nor a sequel to the Harry Potter series, but rather a separate story set in the same magical world. When Scamander arrives at the Magical Congress of the United States of America (MACUSA) for a meeting, with a briefcase packed with dangerous creatures, he doesn't anticipate that said creatures could actually escape.

With a devastating effect on magical and non-magical

relations and the growing presence of an extremist organisation dedicated to eradicating witches and wizards, Scamander is hunted by the American wizard authorities as he races to undo the damage he's caused.

David Yates – no stranger to the Potter franchise – directs, with Potter producer David Heyman and writer Steve Kloves also returning.

NOVEMBER 18

TRAILER

## THE GIRL ON THE TRAIN

Based on the bestselling novel of the same name, *The Girl on the Train* stars Emily Blunt (*Edge of Tomorrow*, *The Devil Wears Prada*) as recent divorcee, Rachel Watson. Every day, she takes the same train to and from work, passing by the house she once lived in with her husband.

Finding it too painful to watch him there with his new wife and child, Rachel becomes fixated with a couple that live a few doors down – Megan and Scott Hipwell. Creating her own fantasies about their seemingly perfect lives, one morning Rachel becomes angry at something shocking she sees at the Hipwell household.

When, the next day, she finds out that Megan Hipwell has disappeared, Rachel realises she's become very much involved with the mystery that is unfolding.

OCTOBER 7

TRAILER

## TROLLS

From the creators of *Shrek* comes a brand new musical comedy extravaganza, *Trolls!* The film stars the voice talents of Anna Kendrick (*Pitch Perfect*, *Into the Woods*) as Poppy, the cheerful leader of a group of eccentric Trolls, and her polar opposite, Branch, played by Justin Timberlake (*The Social Network*, *Bad Teacher*).

This unlikely pair will have to work together to rescue a group of Poppy's best friends, who have been kidnapped by the gloomy Bergens- who happen to have an appetite for Trolls. Their epic quest will take them far beyond the confines of their world, embarking on an adventure filled with music and extraordinary escapades.

Featuring original songs by Justin Timberlake, and mash-ups of songs from artists such as Iona Pop, Gwen Stefani and many more, it's sure to be the musical film of the year.

OCTOBER 21

TRAILER

# A

A G E N D A

## MOVIE PREVIEW

BY CLAIRE PAYNE &  
ERIN O' NEILL  
(staff writers)

## JACK REACHER: NEVER GO BACK

Based on the 18th novel in Lee Child's Jack Reacher series, *Never Go Back* is set four years after the events that unfolded in the first Jack Reacher movie instalment.

The title character, played by Tom Cruise (*Mission: Impossible*, *War of the Worlds*), returns to the headquarters of his former military unit in Virginia to meet with head of the unit, Susan Turner (Cobie Smulders:

*Avengers: Age of Ultron*, *The Intervention*).

However, with Turner under arrest on suspicion of espionage, Reacher suspects that something isn't quite right. Breaking her out of custody, the pair run from the law with the intention of uncovering the truth.

With action, drama and comedy to boot,

OCTOBER 21

TRAILER

## ROGUE ONE: A STAR WARS STORY

*Rogue One* is the first of a series of stand-alone films to be set in the Star Wars universe. Taking place in-between the events of *Revenge of the Sith* and *A New Hope*, the story will follow the efforts of the Rebel Alliance, as a group of their spies set out on a mission to steal the plans for the evil Galactic Empire's new weapon, the Death Star.

Starring Felicity Jones (*The Theory of Everything*, *Chalet Girl*) as Rebel soldier Jyn Erso, and featuring

appearances from classic Star Wars characters, including fan favourite Boba Fett, *Rogue One: A Star Wars Story* is one of the most anticipated film events of 2016.

TRAILER

DECEMBER 16

# Tips on how to answer different interview questions

It's impossible to know exactly what you will be asked in a job interview. However, by researching popular questions and preparing your answers, you will find it likely that you'll be able to answer many of their variations.

All interview questions are meant to help employers establish whether your skillset, knowledge and experience are suitable for the role, alongside your enthusiasm and motivation.

Here are some of the most common types of interview questions, with guidance on how best to construct your responses to them.

## CAREERS WITH CARMEN

By Carmen Andreica  
(Careers and Student Services Manager)

### 1 Tell me about yourself?

Your answer to this question should be based around your education, work experience, skills, interests and career goals. Summarise the key decisions you have taken in your professional life and show that you have thought through the stages you've completed so far, as well as those you plan to take. Keep in mind the main attributes that the company is looking for in the ideal candidate, and try to demonstrate that you have them. Your answer needs to be relevant, concise, and no longer than two or three minutes.

### 2 Why do you want this job?

The employer would be keen to know that you have applied for reasons besides the salary. Demonstrate that you have researched the company and use that knowledge to express why you applied for the role. At the same time, be complimentary and mention specific things about the company that you value.

### 3 What are your strengths?

This question gives you a great chance to highlight the attributes you have that make you a great candidate for the job. This can be in the form of relevant work experience or skills, an excellent academic background, etc. You should demonstrate these attributes using relevant examples. Consider the job requirements in parallel with your own abilities and speak about those that you feel you meet.

### 4 What are your weaknesses?

With this question, the interviewer is looking to find out whether your weaknesses will cause any problems when it comes to fulfilling the role. You should think of one or two genuine weaknesses that wouldn't actually affect your ability to do the job. It's also a good idea to discuss any action you're taking towards improving upon these weaknesses.

### 5 Tell me about a time when you had to solve a problem?

The interviewer will be looking to find out whether you have an analytical and logical approach to solving problems. Show that you are able to plan your moves according to the given situation. Your answer should include the following steps: defining the nature of the problem and your priorities, collecting information, identifying people to talk to, handling conflicting needs, managing a time frame and creating a back-up plan. It's good to show that you can think outside the box and apply a creative approach to problem solving.

### 6 Why should we hire you?

This is a good opportunity to highlight the skills that you can bring to the company. You need to demonstrate to the employer how you can contribute to their success. By researching the company and understanding their need to fill the role you've applied for, you can show that you're the person that can solve their problems.

### 7 Do you have any questions for us?

It's important to ask questions at the end of the interview, as this will show you are really interested in the job and company. Choose to ask questions that show your interest in the job and your willingness to progress in the role. You should always prepare some questions beforehand. Here are some suggestions:

- Do you run any training schemes for employees?
- What are the promotion prospects for this job?
- How often is a graduate's performance appraised?
- How would you see this company developing over the next five years?
- What is your personal experience of working for this organisation?

The motivation comes from knowing that one day, a room full of people will watch your idea come to reality



# WRITERS' [CORNER]

By Talat Gokdemir (guest writer)



another autumn is upon us. Its golden aura, surrounding most of us with a feeling of being down and miserable. Not me. I never have been a season person, not one of those "I need the sun" addicts. I guess 16 years of Cyprus does that to a person. I've had my fair share, so I can deal with moody weather for the rest of my life.

A year ago, during the intense summer of 2015 in Cyprus, I completed production on 'Weekend'. A short script I had been working on for five years, was now finally in the hands of a small cast and crew, working endlessly to realise it to the best of their capabilities. It's a very weird feeling to return back to normalcy after such an extreme

schedule of concentration and long hours of production. But it's done, it's really, really done.

'Weekend' is a film that uses the Cypriot landscape not just for aesthetics. It's a land of tradition but also a land of ever-going change. It's a short story, inspired by sometimes mine but mainly of many people who have moved away from a place they called home, but one day have



to return back and face a similar or changed landscape.

Balancing full-time work with an independent creative process is a struggle indeed. A person with a passion for creativity has to really work for these two lives to co-exist. It's not easy at all, and at times, I fail miserably.

The motivation comes from knowing that one day, a room full of people will watch your idea come to reality, hopefully enjoy what they see and have a conversation with you about the film. It's this shared experience that a filmmaker craves.

Art is subjective, some will find meaning where others will find a blank canvas. Some will interpret a blank canvas according to their own life experience and fill it with philosophical and psychological subtext. I've had two screenings - in London and in Nicosia - both were filled with emotion and excitement, which recharged my attitude to keep on going. I can only hope to reach hearts and minds that are willing to go along with me on this journey of sharing.

# LCCA AT ALJAZEERA MEDIA NETWORK

Last month, creative media production students had the exciting opportunity to visit the Al Jazeera headquarters in London's Shard.

As one of the largest news organisations and current affairs channels in the world, Al Jazeera reaches 270 million households across 35 different countries. Their broadcasting centre is situated on the 16th floor of the Shard and offers fantastic views over London.



This is the second year in a row that creative media production students have had the opportunity to visit the centre.

Lecturer, Jorg Wagner, accompanied the students on their trip. He said: "This was a very valuable networking experience that placed students in contact with professionals who work in the media industry. They were also placed in direct contact with state-of-the-art broadcasting equipment. A unique opportunity such as this definitely enhances out students' learning experience."

**Michelle Adetoun Adeogun**

(HND Creative Media Production)

"The visit was a great privilege for me, especially to witness what goes on behind the scenes. It was an eye opener to how some of the art technology is utilised to transmit information across the globe."

**Andrew Wishart**

(HND Creative Media Production)

"I found it very informative. The trip showed us different sides to the industry, for example, that we could become freelancers in editing and sound, and gave some insight into how news networks are never asleep."

**Joao Rafael Lopes Vicente**

(HND Creative Media Production)

"I think the tour of Al Jazeera was not only informative but exciting as one could see how a TV studio is run, by the people who actually work there."

**Nigel Powell**

(HND Creative Media Production)

"I feel the tour organised by Jorg was very exciting. It was great to see the inner workings of a television station."

David Jackson, who is one the Master Control Room (MCR) operators at Al Jazeera, gave students an elaborate tour through the 24-hour network's London office and happily answered any questions the students had to ask while they look around.

Al Jazeera's reporters were able to offer students an insight into news reading, planning, editing, transmitting and co-ordinating. At the end of the tour, students exchanged contact details for the chance to pursue internship opportunities with the network.

# FITNESS

BY FATHIA ABDU  
(guest writer)

## A simple and easy-to-follow exercise you can do at home

The results you get will depend on how well you stick to it. Also keep an eye on your nutrition! If you would like more advice hit us up via email at [hello@fathiaabdu.co.uk](mailto:hello@fathiaabdu.co.uk) or visit our website [www.fathiaabdu.co.uk](http://www.fathiaabdu.co.uk). We also offer body transformation programmes.

Hope you enjoyed this! Any questions email me at [hello@fathiaabdu.co.uk](mailto:hello@fathiaabdu.co.uk) or follow me on my social media accounts.

### SQUATS

One of the most productive, simple and effective forms of exercise. You can do them anywhere! Literally.

1. Start with your legs parallel to each other (hip-width apart).
2. Lower down into a seated position pushing the gluteus out.
3. Whilst in a seated position ensure your knees are not in front of your toes.

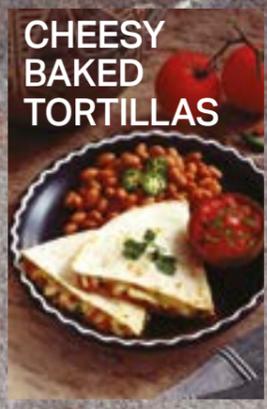
# IS THERE SOMETHING ON YOUR MIND?



Hello,  
My name is Daniel and I run the Inclusion Service at LCCA.  
At LCCA, we are dedicated to bringing an inclusive experience and environment to all our students. We have a dedicated service for students with special educational needs, or for students who are struggling with personal issues that they may not feel comfortable expressing to their tutors or peers.  
If you are concerned about disability, learning difficulties, mental health, or you have a personal issue you wish to discuss in private, such as anxiety or depression, you can make an appointment to speak to me by emailing [inclusion@globaluniversitysystems.com](mailto:inclusion@globaluniversitysystems.com).  
All student issues are treated as absolutely confidential. If some adjustments to study are required, these will be drafted and shared with tutors on a need-to-know basis and with student consent.  
So, if any of the above is relevant to you, please get in touch. Your success is important to us and if one of the issues I have described is affecting your academic progress, we would like to help.  
For more information, see our webpage at [lcca.org.uk/study/](http://lcca.org.uk/study/).  
All the best!  
Daniel Mouskis  
Disability Service Officer

## Meal for a fiver By Nnenna Anisiobi

Nnenna Anisiobi  
(staff writer)



### INGREDIENTS (SERVES 5)

- 1 tbsp olive oil
- 1 red onion, finely chopped
- 1 red pepper, chopped
- 400g chopped tomatoes (1 x tin)
- 400g black eyed peas (1x tin)
- 400g red kidney beans (1x tin)
- 125g mature cheddar, grated
- 5 tortillas

### NUTRITION AMOUNT PER SERVING

<b>Calories:</b>	<b>Protein:</b>
193 kcal	8.6 g
<b>Fat:</b>	<b>Cholesterol:</b>
10.8 g	27 mg
<b>Carbs:</b>	<b>Sodium:</b>
15.7g	349 mg

### METHOD

Preheat oven to 190°/Gas mark 5 and lightly oil a large ovenproof dish

Heat the oil in a frying pan and fry the onion and pepper for 5 minutes until softened, stirring occasionally

Add the tomatoes and beans to the pan, season with black pepper and heat through for 5 minutes, stirring the mix lightly

Divide half the cheese between each tortilla then divide the tomato and bean mixture between them (add an extra tortilla if there is any mixture left over!)

Roll up and arrange in the dish, seam side down

Sprinkle with the remaining cheddar and bake for 15 minutes until golden.



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